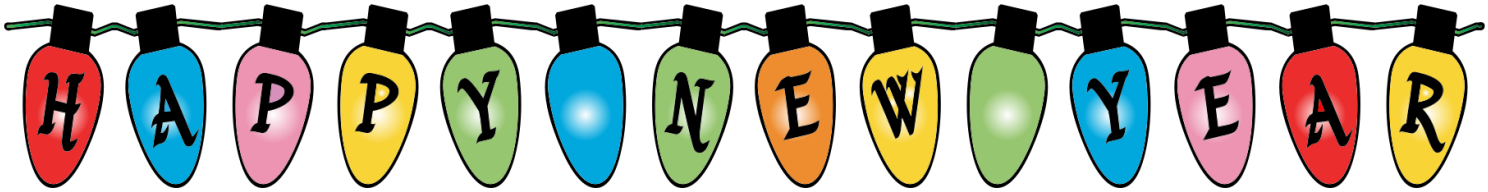
BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
January 2021 Issue 619 (Digital Only)



Happy New Year!!

Welcome to 2021 for all of our readers! With Christmas behind us we'd like to say a special thank you to Amber and Laura from the Bar Hill Residents Association for organising the Christmas Tree outside the Parish Council Offices in the village square this year.

Part of this work was putting the power points/ agreements in place so rather than this being a one-off we can do this every year from now on!

I know it's a long way away but it would be nice (Coronavirus permitting!) to go the extra mile for December 2021. If you'd like to be involved in any way please contact the residents association at the Editors email address (bhneditor@yahoo.com).

BAR HILL RESIDENTS ASSOCIATION

Each month we will be introducing you to a different member of our Residents Association, so you can learn more about the people who are working on your behalf in the village.

We are continuing with Andy Pellew – The Residents' Associations' editor for the Bar Hill News.

How long have you been a member of the Residents Association? Probably around 2 years

What made you join? I used to volunteer to help fun the fete (doing the stalls) but had to give that up after children were born and I wanted to get back into being more involved in village life. I fancied editing the magazine!

How long have you lived in Bar Hill and what is your favourite thing about living in the village? A little over 10 years, we moved here from Cambridge and love the open spaces and the warren of walkways that lead around the village!

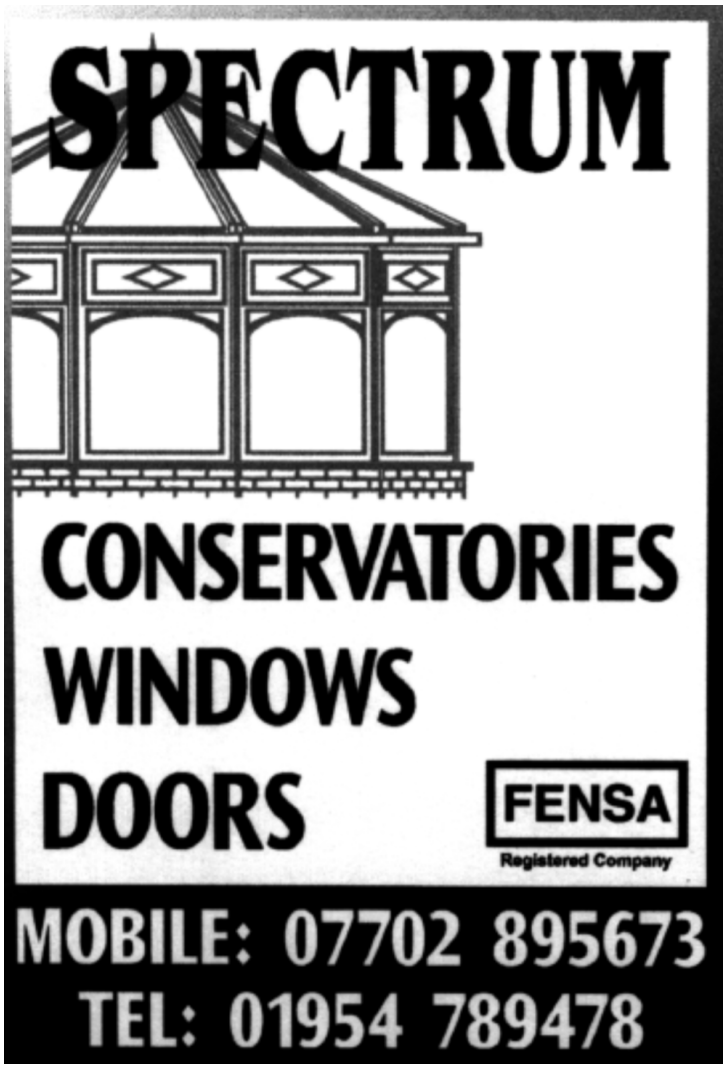
If you could change one thing about the village, what would it be and why? There is very little to do for teenagers - especially those that are only just teenagers and too young to go into Cambridge themselves. I'd like to see more in the village for them.

What are your hobbies? Roleplaying is my main hobby at the moment (well, outside of "Anything IT!") and a group of us get together (virtually at the moment) to continue our hobby online.

What's your favourite way to spend your day off? Sleep! Catch up on all the little things that need to be done but I just don't have time for any other time.

If you won the lottery tomorrow, what would be the first thing you'd do? Normally I'd say "Holiday to Australia" but that's not going to happen right now! I'd probably save the money and wait for the world to re-open …

Would you like to join our Residents Association? We meet once a month (when permitted!) and are always open to ideas for enhancing life in our village and working with partners to develop our community.



COVID19 Support Scheme

We all know from hard experience that these difficult times are not over and even with the extension of the furlough scheme and the Self Employed Income Support Scheme, pressures remain for many of us.

Since March 2020, our village Covid-19 Support Scheme has endeavoured to provide a catch net for our community, with the aim of trying to ensure that anybody in need, be this as a result of the inability to buy food, help with shopping and prescriptions whilst shielding, a listening ear for those struggling with mental ill health or advice about benefits, debts, housing, etc, gets help and support and is not left alone.

Many villagers have been helped, but a few in particular remain so clearly in my memory, for instance, the lovely family, who through no fault of their own, were prevented from obtaining any benefits whatsoever and were left practically destitute. We were able to support them with food for the family and fight on their behalf to get a relaxation in their immigration status, which eventually enabled them to get full access to welfare benefits and so begin to pay their rent and buy food whilst looking for work. There was the wonderful person, who felt they could not ask for help, but who we became aware of through the kindness of others alerting us and so could call in help from the GP and provide help with benefits. This person has since moved out of our village, but the last we heard was making positive progress.

And there are many many more stories of people helped, more often than not triggered by our community being on the look out for those experiencing hardship.

Well done Bar Hill, you are a testimony to community care and connection.

The Covid-19 Support Scheme continues and should you be in need please contact us via our freephone number: **0800 088 6522** or email us on **barhillcovid19help@gmail.com** and we'll quickly get back to you.

In particular I wanted to highlight the mental health struggles, so many of us are currently experiencing and with the restrictions of accessing traditional NHS services, signpost some alternative sources of help:

1. Call **Lifeline Helpline** if you're feeling anxious or stressed, or concerned for your mental health.

Lines open Saturday-Sunday 2pm-11pm (Monday-Friday 9am–11pm):

lifecraft.org.uk 0808 808 2121

2. **NHS Support**

Their website https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ provides a list of helplines open to the general public.

Local telephone **01223 884422**

3. **Samaritans**

www.samaritans.org - 116 123

4. **Mind**

www.mind.org.uk - 0300 123 3393

5. **Anxiety UK**

www.anxietyuk.org.uk - 03444 775 774

(Open Mon-Fri 9.30 am-10.00 pm, Sat-Sun 10.00 am – 8.00 pm)

6. Support for children and young adults:

YoungMinds website offers help for children and young adults,

youngminds.org.uk

Let me thank each and every one of you for your demonstrable care for our village community and encourage each of us to continue to keep a caring, watchful eye out for those who may need our help!

Warmly

Kevin

(on behalf of the Covid-19 Support Scheme Core Group)

NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhneditor@yahoo.com** before the deadline of 6pm on the 15th of each month. Thank you!

No notices or letters this month!

FOR SALE (JAN): Acorn Stairlift for Private Sale. Suits straight staircase ONLY £890*, includes delivery and fitting by a trained Acorn installer and a 3 month full warranty. Contact **0800 073 9793** quoting the reference 231927.

FOR SALE (DEC): 4 Fishing reels and selection of fish lures. £25 **01954 204327**

FOR SALE (JAN): Daxara 107 Small car trailer, box size 110cm x90cm.VGC Spare wheel cover & hitching lock. Sold as seen. £100. Contact: **07843178478**

Liz Dams ©

Bar Hill News Archive

This is available online via the Internet Archive;

archive.org/details/bar-hill-news

There are currently around 150 issues (earliest is Issue 41, from March 1972)!

More issues are being added all the time!

If you have an issue we don't have please gets in touch!

Sonnet - To Science
By Edgar Allan Poe (1829)

Science! true daughter of Old Time thou art!
  Who alterest all things with thy peering eyes.
Why preyest thou thus upon the poet's heart,
  Vulture, whose wings are dull realities?
How should he love thee? or how deem thee wise,
  Who wouldst not leave him in his wandering
To seek for treasure in the jewelled skies,
  Albeit he soared with an undaunted wing?
Hast thou not dragged Diana from her car,
  And driven the Hamadryad from the wood
To seek a shelter in some happier star?
  Hast thou not torn the Naiad from her flood,
The Elfin from the green grass, and from me
The summer dream beneath the tamarind tree?

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

Community Lifeline Service

If you live alone or someone in your family is sometimes left alone and may need to call for assistance, the Council's Lifeline team can help.

In an emergency, pressing a button – worn as a pendant or on your wrist – connects you via a contact centre with family, friends, neighbours, or the emergency services.

Giving you peace of mind and reassurance.

One Lifeline customer in Willingham said: "The lifeline service lets me live independently knowing I can call someone in an emergency."

For more information and to apply for a lifeline, please call **01954 713470**, email **lifelines@scambs.gov.uk** or look online at **www.scambs.govuk/lifelines**

K & S SERVICES

Tel: 01954200869
Mob: 07548796094

All aspects of Carpentry and Joinery

Kitchen Fitting, Wall and Floor Tiling, Fencing

Internal/External Painting and Decorating

Laminate and Wood Flooring

Bathroom Refits, Heating Systems

FRIENDLY & RELIABLE LOCAL SERVICE
QUALITY WORK GUARANTEED

Green Heat Limited

Special Offer: Free magnetic system filter **worth over £200** with all new boilers installed

PHONE FOR A FREE NO OBLIGATION QUOTATION

01223 277278

Smart new high efficiency 'A' rated condensing boilers are over 90% efficient, and will provide you with greater comfort, saving energy and reducing fuel bills.

Smart heating controls can add a further 4% efficiency and allows you to control your heating from your smart phone or tablet when away from your home. We also have some great solutions to improve hot water efficiency such as 'flue gas heat recovery', enabling efficiencies of nearly 100% to be achieved.

Call Green Heat now to arrange a free visit and receive some expert advice from qualified heating engineers with over 50 years experience of providing home comfort.

Green Heat Ltd
The Energy Efficiency Company

Green Heat Limited: 27 Fairway, Girton, Cambs, CB3 0QF
info@greenheat.uk.com • www.greenheat.uk.com

A	C	E	E	N	T	I	N	G
A	I	N	E	P	L	M	I	N
A	T	E	E	R	S	N	D	E
B	E	T	E	R	T	N	G	S
C	E	L	F	I	R	P	E	R
C	E	M	G	A	T	R	E	I
C	K	I	H	E	M	S	H	I
E	A	T	H	E	R	S	T	O
E	B	R	H	L	E	W	O	R

	E				E	H		
	E			B			T	
	N			R			I	
	I						C	
	A						N	
	I					E		
	E				E			
	T			K				
	O			H	I	P	E	

AIM: Place the 27 three character 'tiles in the left -hand grid TO the CORRECT spaces in the right hand grid relating to CHRISTMAS/ NEW YEAR WORDS containing NINE letters horizontally and in alphabetical order.

RedLocks Locksmiths
Your local locksmith

Locked out? All locks opened, fitted, repaired and replaced

- Garage doors
- UPVC door & window specialist
- Safes fitted and opened
- All work guaranteed
- 24 hour service
- CRB/DBS checked

SERVICING BAR HILL AND SURROUNDING AREAS

Student and OAP discounts

freephone 0800 8 247 047
t 01954 202818
m 07784 240 970
w www.redlocks.co.uk
e info@redlocks.co.uk

BOOK YOUR FLU JAB ONLINE

TESCO.COM/ PHARMACY

THE BLOCK PAVING COMPANY

Installers of Drives & Patios

- individual block paving
- concrete setts
- paving slabs
- natural stone paving
- permeable paving

FREE QUOTATION WITHOUT OBLIGATION

Tel: 01954 205317

Mobile: 07850 919432

Email: sales@blockpavingcompany.co.uk

34 Partridge Drive
Bar Hill
Cambridge
CB23 8EN

www.blockpavingcompany.co.uk

BLUE HOUSE
Computer Help

SPEED UP, FIX UP, OR UPGRADE YOUR PC

COVID FRIENDLY
MOST WORK CAN BE CARRIED OUT REMOTELY

SAVE MONEY
*
GAIN SPEED
*
IF IT RUNS LIKE TREACLE, DON'T THROW IT OUT.
Take advantage of our computer optimisation and upgrade services.

PROFESSIONAL INDEMNITY AND PUBLIC LIABILITY INSURANCE

REPAIRS COME WITH A 100 DAY GUARANTEE

SOME OF OUR SERVICES:
Getting broken computers up and running, even when Windows won't start
Upgrades for extra speed and space
Transfer your apps and files to a new PC
Networking and WiFi dead spots
Sync files between devices
Virus and malware clean-up

LOAN OF A LAPTOP FOR BIGGER JOBS

We love keeping your old computers in service and out of landfill. In fact, we can make them work even *better* than when they were brand new

WANT SOME HELP?

CALL 01223 85 30 20

hello@bluehouse.help | www.bluehouse.help
Find us on Facebook
BLUE HOUSE COMPUTER HELP, CAMBRIDGE ROAD, OAKINGTON

healthwatch Cambridgeshire

Your feedback helps NHS and care teams support us all

Have you seen your GP lately? Had a hospital or dental appointment? Perhaps you have care services at home or visit a loved one in a care home.

If you, a family member or friend have used a local health or care service, Healthwatch Cambridgeshire wants to hear about your experience – good or bad.

We're the local health and care champions. And by sharing your feedback with us, local NHS and care services can find out what's working well or needs improving.

Please support our new campaign ***'Because We All Care'*** by giving your feedback about the services you are using.

It's being run with the Care Quality Commission and follows on from our big Covid-19 survey across Cambridgeshire and Peterborough earlier this year.

It only takes a few minutes to share your views with us. And you feedback helps services to continue providing the right support to local people.

Share your views online at;

www.healthwatchcambridgeshire.co.uk/share-your-views

You can also call Healthwatch on 0330 355 1285, text your views on 0752 0635 176 or email;

enquiries@healthwatchcambspboro.co.uk

NHS
Cambridgeshire and Peterborough
NHS Foundation Trust

P & P Home and Garden

Call 01954 782198 or 07954 372516
Email pphomeandgarden@hotmail.co.uk

We offer:
Home Help Service,
Decluttering Service
Cleaning Service,
Ironing Service,

Weekly, Fortnightly, Monthly or one off.
Friendly and reliable service,
We tailor our services to suit your needs,
Insured

ELITE

TEL: 781937 MOB: 07986392611

43 THE SPINNEY
BAR HILL
CAMBRIDGE, CB3 8ST

* FULL BATHROOM AND KITCHEN DESIGN & INSTALLATION
* ALL ASPECTS OF FLOOR/WALL TILING
* SUPPLY & FIT OR LABOUR ONLY
* LAMINATE WOOD FLOORING
* FREE QUOTATIONS AND ADVICE
* QUALITY WORK GUARANTEED

WE CAN ALSO LOOK AFTER ALL YOUR PROPERTY MAINTENANCE REQUIREMENTS

e-mail: dean.mills2@hotmail.co.uk

HAPPY HOURS – Afternoon Tea 2 -4pm on Friday

Hopefully once this second lockdown is over we will be able to have afternoon tea again following whatever the pub rules be at the time

Bar Hill Sports and Social Club, Fridays 2-4pm (Cost: £1.50 per person)

Please feel welcome to come and join us!

The Happy Hours Club would like to give special thanks to Tesco and especially Laura, Laura and Sarah for supporting us and helping us throughout the year and again this Christmas. We really do appreciate all that you do for us!

Wishing you all a very merry Christmas and a Happy New Year!

Anne Plumb, **01954 780364**

A Barrett & Son Electrical

Domestic, Industrial & Commercial

Call Andy on 07735 615871 for:
Competitive Prices and First Class Service
All Types of Electrical Installation, Maintenance
And Repairs including testing and inspection
Domestic, Industrial and Commercial

A Barrett & Son Electrical
7 Oatlands Avenue, Bar Hill. Cambridge. CB23 8EQ
Mobile: 07735 615871
Email: barretts11@msn.com
Elecsa Reg no EPP32673
VAT Reg No 258 9429 52

Bar Hill Resident for over 40 Years

- New Build Installations
- Rewires
- Extensions
- Smoke Detectors
- Lighting
- Power
- Security Lighting
- Call Outs
- Testing / Inspections
- Data Wiring
- Consumer Units
- Heating/Showers

Electrical Safety Register incorporating ELECSA NICEIC ECA Certification Ltd

total
ACCESS & SECURITY

07507774164
or
01954 583512

Email:
info@totalaccessandsecurity.co.uk

CCTV
ALARMS
ENTRY CONTROL

CALL TODAY
FOR A FREE NO
OBLIGATION
QUOTE

Properties with no security systems are 5 times more likely to be burgled than those with simple security measures in place.

Protect your home and have peace of mind with our HD CCTV or alarm systems featuring remote viewing from any smart device.

WWW.TOTALACCESSANDSECURITY.CO.UK

Oakington Garden Centre

Large selection of plants, pots and garden sundries

Open:
Monday - Saturday 9am to 5pm
Sundays 10am to 4pm

Oakington Garden Centre,
Dry Drayton Road, Oakington.
Tel. 01223 234818
Fax. 01223 236823
Email. oakingtongardencentre@hotmail.com

RAYNERS OF BARTON

- sectional buildings - greenhouses -
- garages - workshops - chalets -
- log cabins - carports - summer houses -
- concrete, steel or wooden sheds -
- aluminium or hardwood conservatories -
- PVC-U or hardwood windows & doors -

Lance Rayner
16 Cambridge Road, Barton CB23 7AR
T/F: **01223 262888**, M: **07702 669026**

CRAZY DOG LADY PET SERVICES

Services include:

Dog walking
Other pets and puppy pop-ins
1-2-1 training

Friendly, Reliable, Fully insured, DBS checked, APDT trained.
For more information and prices visit www.crazydogladyservices.co.uk or call Sarah on 07913 690021

CHRIS'S BIKES

Bar Hill's local cycle centre

2 Thornton Way, Girton, CB3 0NJ
(just off Huntingdon Rd)

- Bikes
- Cycling clothing, helmets, gloves
- Bike repair & servicing
- Hire bikes
- Professional, knowledgeable, friendly service
- Wide range of spares/accessories available
- Plenty of parking
- Magura

We now offer bikes and equipment TAX FREE with theCycle to Work (C2W) Scheme

chris@chrisbikes.co.uk
01223 276004

City & Guilds Level 3 qualified professional dog groomer, fully insured, based in Bar Hill.

Fur The Love Of Dogs

- Bath, brush & blow dry
- Midi Groom
- Full Groom
- Puppy Groom
- Deshed
- Handstrip

To book an appointment please contact:

Mobile: 07480495366 Email: kate.furtheloveofdogs@gmail.com

Facebook: @furtheloveofdogsbarhill Instagram: furtheloveofdogs_kate

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

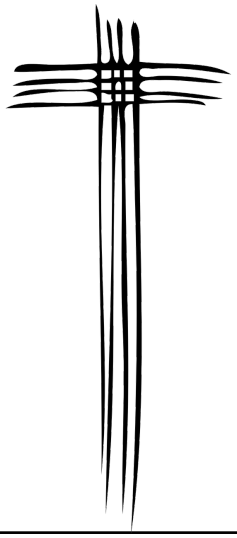
Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Catholic Church Serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), 01223 622690)

Local Contact: **Bunty Waters** (Tel: 01954 201421)



R.PETCH . DECORATOR

Quality Workmanship since 1962

EXTERIOR PAINTING

INTERNAL DECORATING AND WALLPAPERING

FREE ESTIMATES

BAR HILL RESIDENT 1988 - 2004

TEL: 01223 861970

www.petch-quality-decorator.co.uk

petch_decorator@hotmail.com

Total Relaxation
at the farmhouse

The Farmhouse
Gladeside, Bar Hill
Cambridge, CB23 8DY
01954 789 344
www.total-relaxation.co.uk

Aromatherapy, Body Massage, Reflexology, Indian Head Massage, Hot Stone Massage, Facials, Ear Candling, St Tropez Spray Tanning, Manicure, Pedicure,
Gel Polish, Lash & Brows, Eyelash Extensions, Waxing, Hot Wax, Hairdressing

Gift Vouchers Available in store and online

Bar Hill Childminders

We are Ofsted Registered and inspected Professional Childcare Providers, working with children in our own homes. We hold 'Good' and 'Outstanding' Ofsted grades, are fully insured and trained in Paediatric First Aid.

As we head towards the start of the colder months of December and January we will continue to enjoy the great outdoors watching trees lose their leaves and become bare. We will encourage the children to make bird feeders to help care for the birds as food becomes scarce. National Robin day is observed on 21 Dec and we can look out for these and other birds as we enjoy our green areas and gardens. We look forward to the start of Christmas crafting and encourage children to have their own ideas, it is sure to include Christmas trees, wreaths, angels, snowmen and much creativity! We will remember this year for not just the challenging times but the fun and progress the children have made.

Our Childminders are listed below, those with availability have the word 'spaces' after their name - those who offer Government Funded places, (Universal and Extended), have an F before their name.

F	Kirsty	07584 168909	
F	Jacky	07718 447998	
F	Melanie	01954 204496	
F	Terri	07846 018714	
F	Kirsten	07906 218070	
	Mandy	01954 204223	
	Carol	01954 780238	

SUMMIT LANDSCAPES

- Paving -
Driveways -
- Brickwork -
Carpentry -
- Groundworks -

Summit Landscapes

Telephone: **01223 929394**
www.landscapingpaving.co.uk

Available now

Ask about our special offers

DRY CLEANING

LAUNDRY

REPAIR & ALTERATION

call: 01954 782375

Other Services Include:
Wedding Dress Cleaning,
Curtains, Rugs & Carpets,
Shoe Repairs,
Suedes & Leathers
and Duvets

Johnsons THE CLEANERS

Johnsons Unit 9
Tesco Extra The Mall
Bar Hill, CB23 8DZ

Jim Edwards

Gas appliances, Plumbing and Heating

Gas Boiler Service from £59

New Boiler Installations

Powerflushing service from £199

Bathroom Installations & Showers

Landlord Certificates & Gas safety checks

All plumbing work undertaken, local friendly service. Fully Insured.

01954 267054

07870520702

www.cambridge-plumber.co.uk

jim-edwards@live.co.uk

GAS safe REGISTER

CORGI

THE BLACK HORSE

FREE HOUSE

Relaxed dining & drinking

WALKERS AND DOGS WELCOME!

Home-cooked food
Coffee, tea & cakes
Special events catering available

See our website for hours and upcoming events

www.blackhorsedrydrayton.com

01954 488150

UniPlumb

GAS safe REGISTER

We offer a full range of plumbing and heating services including the following

- Full bathroom installation & tiling service
- Full central heating system installation
- Vented & unvented cylinder replacement
- Boiler installations / replacements
- Central heating power flushing
- Repairs & maintenance
- Shower installation
- Water softener installation
- Underfloor heating
- Kitchen installation

To complement the above, we can also provide electrical, carpentry and plastering services

For a free quote please call 01954 212553 or email info@uniplumb.com
Alternatively visit our office at
117 Highfields Road, Highfields,
Caldecote, Cambridge CB23 7NX

Helping the European hedgehog

During January most hedgehogs should be hibernating , and although they may wake for short periods to top up body fat during milder spells, it is unlikely they will choose to move unless they have been disturbed or the weather has turned extremely mild. We can continue to help hedgehogs by still putting out fresh water and small cat biscuits (not fish) on those milder evenings.

Hedgehogs seen out during the winter, especially during the day, are highly likely to be in need of help. If you see one out, contact me on 07912 988898 or Shepreth Hedgehog Hospital on 07505 651968

There is also a 24 hour Hedgehog Helpline 07947 361187.

Hedgehog Fact

The closest relatives to the hedgehog are moon rats , shrews and moles. People often confuse porcupines and hedgehogs because these animals share a common characteristic: quills.

Wildlife Gardening in January.

January is usually the coldest month of the year. It's a time when natural food sources are in short supply for garden wildlife.

Birds will become more dependent on the food we put out and bird feeders will be used the most. Hygiene is very important so it's a good time to clean feeders and tables now by soaking them in a sterilising fluid. Try to do this on a regular basis.

It's the time of year to check bird baths and ponds , and remove ice in the cold weather.

Trim hedges if becoming too straggly, but only once the birds have eaten the nutritious berries.

A great way to get rid of your Christmas tree is to recycle it! Remove branches and bundle them together to create a wildlife habitat anywhere that won't get disturbed.

It's a good time to build nest boxes for birds and bats. Check existing ones to make sure they are still safely secure and haven't rotted. Always remove any old nesting material and replace old or damaged boxes.

BICYCLE REPAIRS & SERVICING: 07914 655086

POST OFFICE

BAR HILL POST OFFICE

We are located in Bar Hill Library. Due to the ongoing Covid situation our current opening hours are 9-5.30pm Monday, Wednesday and Friday, 9-2.30pm Tuesday, 9-12 Thursday and 9-12.30pm Saturday.

We offer Royal Mail and ParcelForce services for all your posting needs. Ask our friendly, helpful staff for advice to make sure you're using the right service.

We have extended our 'Corner Shop' to include bread, fresh milk, variety of tinned food, milk/juice cartons, eggs, plus much more

Also available:

Car Tax
Bill payments
Banking services - cash/cheque deposits for High Street Banks
FREE cash withdrawals
Foreign Currency
Moneygram - safely send money abroad/UK
Gas and Electricity key/card top-ups
Mobile phone top-ups
One 4 All Multi-store Gift Cards
Lottery & Scratchcards
Stationery and posting/packaging items
Cards & wrapping paper for all occasions
Helium Balloons
Basic shop items
Sweets and chocolate
Cold drinks
Ice Creams
Daily Newspapers
Magazines/TV magazines

PLEASE SUPPORT YOUR LOCAL POST OFFICE
Thank you :)

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whenever you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (074 3255 0621) and the free kit will be delivered to your door (in Bar Hill). God bless you!

Bar Hill Editorial Services

editing - copyediting - proofreading
academic - non-academic - professional

Roger Hall, 11 Almond Grove, Bar Hill, Cambridge. CB23 8DU

Contact: **01954 780304**, or **07746 118880**

Email: **rogerhall@barhill11.fsnet.co.uk**

On-screen and hard copy work accepted

ActionFraud

National Fraud & Cyber Crime Reporting Centre

actionfraud.police.uk

Improve Your Cyber Security

Taking the following quick actions will improve your security and make you substantially less vulnerable to hackers and thieves;

1. Use a strong and separate password for your email. If a hacker gets into your email, they could:
   - reset your other account passwords,
   - access information you have saved about yourself or your business

   Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.
2. Create strong passwords using 3 random words. When you use different passwords for your important accounts, it can be hard to remember them all.

   A good way to create strong, memorable passwords is by using 3 random words.

   Do not use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"
3. Save your passwords in your browser

   Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you.

   This can help:
   - make sure you do not lose or forget your passwords
   - protect you against some cyber crime, such as fake websites

   It is safer than using weak passwords, or using the same password in more than one place.
4. Turn on two-factor authentication (2FA)

   Two-factor authentication (2FA) helps to stop hackers from getting into your accounts, even if they have your password.
5. Update your devices

   Out-of-date software, apps, and operating systems contain weaknesses. This makes them easier to hack.

   Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.
6. Back up your data

   Backing up means creating a copy of your information and saving it to another device or to cloud storage (online).

   Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.

For more information, and step-by-step instructions, please visit **cyberaware.gov.uk**

AIRPORT CARS CAMBRIDGE

- **Long distance journeys and airport transfers**
- **Non smoking, air conditioned executive cars**
- **Prompt, reliable and courteous door to door service**
- **5 to 8 seater MPV for family holidays**
- **Cruise terminals & Eurostar**
- **Visit our website www.airportcars.uk.net**

For the most competitive quote call:

Mick 07442 497 601 enquiriesairportcars@gmail.com

Bar Hill Tennis Club

www.barhilltennisclub.co.uk

COVID 19
COURTS ARE NOW OPEN IN LINE WITH GOVERNMENT GUIDELINES

Our formal Club nights have now finished for the season but on the drier winter evenings you may catch us playing (Tuesday nights 7-9m) and anyone fancying a game is welcome to join us.

The Courts remain open and available for members and anyone wishing to hire the courts. It's simple - you can book on line at www.barhilltennisclub.co.uk and pay electronically! The courts are floodlit for those wishing to play during the dark evenings – give it a go!

For those of you thinking about joining our annual fees are very competitive: Adults £40, Family £80 & juniors £15.

Courts are available to hire for £6.00 per person / £5 for members guests (juniors must be accompanied by a responsible adult) – call Paul (details below) or visit our website for details

CONTACTS:
Paul Chubbuck (Secretary)
Mobile: **07983 435104**
Email: **tennisclubbarhill@gmail.com**

FOR MORE INFORMATION PLEASE CALL OR VISIT OUR WEBSITE

THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or WendyArrowsmith on **01954 781381** or come along to the next meeting.

Andrina B
the footcare specialist

Providing expert treatment in all aspects of foot healthcare in the comfort of your own home

Nail Cut • Callus • Athlete's Foot
Hard Skin • Corn Removal
Fungal Infections • Plantar Faciitis
In-Growing Toe Nail • Orthotics
Leg and Foot Massage

To book your appointment call Andrina on
07966 571 686
or email: andrinab@foot-care.co.uk

www.foot-care.co.uk
Andrina Baldock, Foot Health Practitioner, SAC Dip. FHPP FHPT
Register for Foot Health Practitioners Member

A. Denton

Painting & Decorating

High Quality

Industrial

Commercial

Domestic

102, Stonefield
Bar Hill
Cambridge
CB3 8TB

01954 782472

Do you need a chiropodist?

For a professional service in your own home

201256

07494 196065

Michelle Dolan

Podiatrist/Chiropodist

HCPC Registration number CH34864

EXPRESS ROOFING SERVICES

Flat Roofing Specialists

Emergency 24 hour Service

Roofing for over 25 years

* Insurance work
* Guttering * Facia Boards
* Garages & Extensions
* Re-roofing & repairs

Prompt Reliable Service

5-10 year guarantees

Competitive Rates

01487 841008

Mobile 07860 680550
37 Greenfields, Earith

Bar Hill's Newspaper Delivery Service

ANY newspaper, **ANY** day of the week delivered to your door by **7.30am**

£1.50 - Saturday + Sunday
£2.00 - Monday to Friday
£2.50 - Monday to Sunday
(Plus the price of your selected paper)

Set up in 2011 we deliver to households and businesses in Bar Hill, offering you a simple, reliable service for a great price

Tel: 07832 122534 info@yourlocalpaperboy.co.uk

Paying too much for your glasses?

Save Money - Buy Direct!

Visit our factory shop to see our fabulous range of Discount Prescription Eyewear

- Hundreds of frames to choose from, including designer frames from Ray-Ban, Polo Ralph Lauren, Oakley, PRADA, Ted Baker and Versace
- Specialists in high and complex prescriptions
- Same-day or next-day service available*
- Save up to 75%
- Huge range of designer sunglasses
- Full range of sports eyewear

Official stockists

*subject to prescription and availability

Ray-Ban GENUINE SINCE 1937 · POLO RALPH LAUREN · OAKLEY · PRADA EYEWEAR · TED BAKER® LONDON · VERSACE

We are open 9am to 5pm Monday to Friday, and 9am to 1pm Saturday

ALL EYES SPECTACLE MAKERS SINCE 1987

Call us **01954 231545**

Visit our website **www.all-eyes.co.uk**

20 Norman Way Industrial Park, Over, Cambridge CB24 5QE

Michelle Oliva 1:1 Consultant Based Over, Cambridge

M: 07958 007513 - E: mitcholiva123@gmail.com -

W: www.one2onediet.com/michelleo - T: mitcholiva123

THE 1:1 DIET

by Cambridge Weight Plan®

NOT TOO NEAR, NOT TOO FAR
FOR INDEPENDENT FINANCIAL ADVICE
on investments, regular savings, pensions, life cover, inheritance tax planning etc

Contact: NIGEL BOLITHO OF BV SERVICES
185 High Street, Cottenham, Cambridge, CB24 8RX
Tel 01954 251521
Email: Bolitho@enterprise.net
Authorised and regulated by the Financial Conduct Authority

IJC
we've got your home improvements covered
WE'RE HIRING! Contact us for permanent or subcontract vacancies

PLUMBING & HEATING
- fit a new boiler
- upgrade your heating system
- annual service for your boiler

BUILDING SERVICES
- bathroom & kitchen installation
- new build
- home renovation

IJC is a family run Cambridgeshire business with over 30 years' experience.

We offer a comprehensive range of domestic and small commercial works across all forms of building, plumbing, heating and renewable services.

call: 01954 782920
or visit: www.ijcbuildingservices.co.uk
45 Viking Way, Bar Hill, Cambridge, CB23 8EL

ENTIRE
Gas Safe Register
Water Safe Quality Assured
SafeContractor APPROVED

The Complete Gas Heating and Plumbing Company

Plumbing • Heating • Gas
Bathrooms • Water Softeners
Property Maintenance
Tel: 01954 204044 • Web: www.entiregroup.co.uk
Email: service@entiregroup.co.uk

Cambridge Solar Ltd
Local, Friendly, & Professional since 2009

Contact us today for a quote.
01223 863 885
cambridge-solar.co.uk

Since 2009, Cambridge Solar Ltd has installed nearly 400 solar energy systems at homes and business around Cambridgeshire, including the Bar Hill Village Hall in 2014. We are committed to serving our community through honest, high-quality workmanship engineered to each client's goals.

Winner: 2018 British Renewable Energy Installer of the Year, from the REA
Winner: 2018 Solar PV Installer of the Year, East of England Energy Efficiency Awards

cambridge-solar

JASON KIRBY

Professional Painting & Decorating Ltd

A Professional Service from Start to Finish

Tel: 01954 211775
www.jasonkirbyltd.co.uk

Dulux select DECORATORS · TRUST MARK

HINCHLIFFE BUILDING SERVICES

Craig Hinchliffe

07944 609868

Bar Hill Resident over 30years

Local, Honest & Reliable
Free Quotes
Extensions & Conversions
Kitchens & Bathrooms
Driveways & Patios
Windows & Doors
Floor & Wall Tiling
Painting & Decorating

hinchliffebuildingservices@gmail.com

PROBLEMS?

WITH YOUR EXISTING DOUBLE GLAZING

DOMESTIC • COMMERCIAL
INDUSTRIAL
REPAIR & MAINTENANCE SERVICE

- **WE REPLACE** Glass, Locks, Handles, Hinges, Patio Door Wheels, Tilt & Turn Mechanisms
- **WE FIT** Window Opening Restrictors, Cat Flaps, Fly Screens
- **WE SPECIALISE IN** New Conservatories, Windows, Doors

FREE ADVICE / ESTIMATES

SECONDARY DOUBLE GLAZING ALSO AVAILABLE

the WINDOW & DOOR SURGEON

For a Friendly and Efficient Service Please Call:

Phone **01954 201944**

Email: enquiries@tw-ds.co.uk
visit www.tw-ds.co.uk

2 RAMPTON ROAD • WILLINGHAM • CAMBRIDGE

WE DON'T PUSH.....WE DON'T EXAGGERATE ON PRICE.....WE JUST SOLVE PROBLEMS

PEASGOOD & SKEATES

THE FAMILY FUNERAL SERVICE

Personal care & attention
24 hours a day by local, qualified staff

Traditional & Contemporary Funerals
Memorials
Pre-Paid Funeral Plans
Off Road Parking

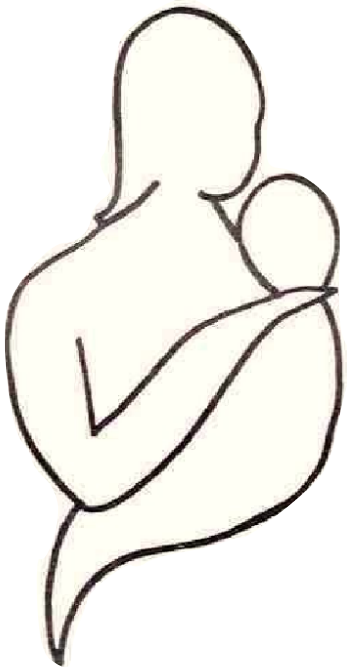
617 Newmarket Road
CAMBRIDGE
CB5 8PA
Please call: (01223) 415255
www.peasgoodandskeates.co.uk

FRIENDS OF THE ROSIE

HAND-MADE CHILDREN'S TOYS AND CLOTHES

RAISING MONEY ON BEHALF OF THE FRIENDS OF THE ROSIE HOSPITAL – REGISTERED CHARITY NO: 1036092

We hope that all our customers have managed to avoid the coronavirus and that their families are all in good health and looking forward to yet another different normal in 2021.



Our profits through Rosie in Stitches in 2020 reached £3,956 We have received £3,036 this year from PayPal and Amazon Smile shoppers rounding up for charity at the checkout.

If you have been tidying another cupboard, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers. If you know of anyone who might be interested. Please contact Ann Laskey (annlaskey@icloud.com) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

All the very best for 2021.

Thank you for your continued support

Willingham & Longstanton Surgeries

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 207602

District Nurse Team: 01223 726469 Option 2
Health Visitors: 0300 029 50 50

Out of hours cover: Ring 111 Website: willinghammedicalpractice.nhs.uk

'Lucky squares' Christmas Donations

Thank you to all those that kindly donated to our Christmas charity collection for Magpas. Due to COVID we were unable to manage the lucky squares raffle and hampers this year, but still plan on making our annual donation to Magpas Air Ambulance.

Staff and patient donations have been collected throughout December, and are welcome until the end of January 2021. You can donate via our 'just giving' page and the link can be found on Facebook and the practice website. Cash and cheque donations are also welcome at the surgery. The full amount raised will be announced in the March newsletter. Thank you for your support for this wonderful charity.

Stock up your medicine cabinet for winter

During the winter months patients are reminded to stock up your medicine cabinet with self care essentials.

Many winter illnesses such as colds, sore throats and upset stomachs can easily be treated at home with medicines available at low cost from your local pharmacy or supermarket - no GP appointment or prescription required.

Not only will this help save you time and to feel better quicker, but it will also help save the NHS much needed resources. Self-care essentials include:

- packet of pain relief (paracetamol)
- cold and sore throat remedies
- first aid kit
- thermometer
- upset stomach treatment
- rehydration treatment
- heartburn and indigestion treatment

Your local pharmacist can also offer you advice and guidance on the best treatment for you. Pharmacists are available on every high street and in supermarkets with many open evenings and weekends.

For further information on how to treat common winter illnesses visit www.nhs.uk

What to expect from your video or telephone consultation

The reception team will arrange a telephone call for you with a nurse or GP.

The GP will advise you if they feel a video consultation is appropriate and send you joining details. If you are unsure about using video please request a telephone appointment.

Things to consider ahead of your consultation:

Please ensure you are ready to accept the telephone/online call at the allocated time

Find somewhere quiet and confidential to have the call and, if this isn't possible or is tricky, make this clear when you are making your appointment.

If you would like to have someone with you for your consultation, please ask a family member or friend can join the call with you

It is a good idea to have a pen and paper with you so you can write down advice or next steps

If the GP or nurse decides they need to see you in person you will be offered a face-to-face appointment at the practice and they will confirm these details with you.

Carers Meeting

Due to the pandemic, the carer's meetings are still currently postponed until further notice. They will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Lisa Smith
Assistant Practice Manager

CALL 111
when it's less urgent than 999

GROUP FITNESS FOR ALL AGES

SHAPE N TONE

Mons 6.30pm-7.15pm, Church , Bar Hill
Weds 6.30-7.15pm, Church, Bar Hill

THE FITNESS CLASS

Mons 7.30-8.30pm, The Church, Bar Hill
Thurs 6.15-7.15pm, Oakington Pav

OVER 55S CLASS

Tues, 10-11am. The Church, Bar Hill
Frids 10-11am, Oakington Pav

£4.50 A CLASS / £36 FOR 10
CONCESS £3.50 A CLASS, £30 FOR 10

Call Simon on 01223 236945

or visit www.bodyinmotionpt.co.uk

FREE FIRST CLASS

Bar Hill Reuse & Recycle Group

Are you interested in reuse, gifting old items for other people to reuse, or want to share tips on recycling?

There's a new Facebook group with over 600 members that you might be interested in;

https://bit.ly/BHReuseAndRecycle

Please note this isn't a selling group - if you want to sell something there are other groups for that, this one is sharing things for re-use and recycling.

M & M

Heating & Building Services

- Full Gas & Oil Boiler installation
- Full Heating Systems
- Boiler Servicing and Landlord Certificates
- Power Flushing
- Full Bathroom Design & Installation
- All Plumbing Works Large and Small
- Extensions, Alterations and Repairs
- Refurbishment and Renovations
- Kitchen Design and Installation
- All Carpentry Works

OFTEC

01223 691599
07766 281962/07832 261791

info@mandmheating.co.uk
www.mandmheating.co.uk
10 SOUTH ROAD, IMPINGTON, CAMBS, CB24

GAS safe REGISTER

R. A. Miller Plumbing and Domestic Heating

Fenside, 71 Willingham Road,
Over
Cambridge CB24 5PE

GAS safe 234391

All plumbing work undertaken

- New boiler replacement and installation with free quotation
- GAS boiler and GAS fire servicing - Landlord Certificates.
- Heating problems - Diagnosis and rectification.
- General plumbing - taps, washers, pipe work, showers, etc.
- Full and partial Bathroom installation work

For a reliable and professional local service

Robert Miller

Office **01954 203277**, Mobile **07831 853885**
robert.miller@ntlworld.com

Rothwell's
Carpet Cleaning

Carpet Cleaning

& Stone Floors, Upholstery, Rugs
A few points that make us stand out

Rothwell's has been in business since 1993
We're an honest local family firm.
Our large truck mounted machines mean more cleaning & drying power for excellent results.
Members of both the NCCA and TAC-CA.
We will move the furniture.
100% satisfaction or it's FREE.

NCCA
NATIONAL CARPET CLEANERS ASSOCIATION
CLEANING THE NATION'S CARPETS AND UPHOLSTERY
M2391

Call Oliver and Max Campbell
01638 428080

Cambs
Property
Bureau

Looking for a property to rent?
Want to rent out your property?
Call us on **01954 260200**

Email: enquiries@cpbm.co.uk
www.cambspropertybureau.co.uk

Address: Unit 9, Highgate Farm,
Over Road, Willingham
Cambs CB24 5EU

bhm
Bar Hill Motors
20, Viking Way (next to Tescos)
Retail Motor Industry Federation
For all your car care needs

The air conditioning has had a hard summer!
Has it been serviced in the last two years?
If not, we can help with our Qualified Staff and equipment

Opening times
Mon. To Fri. 8.00am - 5.30pm
Sat. 8.30am - Noon
Closed Sun.
☎ 781132

Alan's Carpets

- Home selection service
- Over 40 years' experience
- FREE quotes - Priced right
- Extensive range of quality samples
- Room-sized roll ends - carpets & vinyl
- Orders fitted within days, not months

Save £'s
Discount prices!

Phone 07790 681 317

NOW OPEN in the Village of Over...
Dog Day Care... with a difference

Opening Hours
Monday to Friday
7:30am - 6pm

Find us on facebook

Unit 17
Norman Way
Over CB24 5QE
07764 959238

PUPPY CLASSES - 6 WEEK COURSES
SPACES ALWAYS AVAILABLE.

Norman's

Take a look at what we all get up to each day on our FACEBOOK PAGE... search for
'Norman's Dog Day Care'

Ash Croft Veterinary Surgery

HARDWICK
169 St Neots Road, Hardwick
Cambridgeshire, CB23 7QJ
Tel: 01954 210250

Monday - Friday - 8.30 to 10.30am & 4.30 to 7.00pm
Saturday - 9.00 to 11.00am

PAPWORTH
Unit 1, Pendrill Court, Ermine Street North
Papworth Everard, Cambridgeshire, CB23 3UY
Tel: 01480 831615

Monday, Wednesday, Friday - 11.30am to 1.30pm

Consultations by Appointment Only

www.ashcroftvet.co.uk

T.N. Walsh (AIP-RP)
Plumbing and Heating

Tel: **01954 780252**
Mobile: **07887 561525**

All plumbing and heating work,
including power flushing
Acorn Avenue, Bar Hill, Cambs, CB23 8DT
24 hour service...No call out charges!
23354 026851
Est. 1989

GAS safe REGISTER

ciphe Chartered Institute of Plumbing and Heating Engineering

Skatz
HAIR DESIGN
and
Bethan's Beauty Shop

Opening times:
Mon Closed
Tue 9.00am-5.30pm
Wed 9.00am-8.00pm
Thu 9.30am-7.00pm
Fri 9.00am-5.30pm
Sat 8.00am-2.00pm

89 High Street
Longstanton
780909
New direct phone to
Bethan's Beauty Shop
789100

- We offer a full range of hair and beauty treatments
- Gift vouchers available
- Bio sculpture nail extensions and natural overlays
- KMS / Goldwell appointed salon
- New for the summer - St Tropez spraytan treatment
- Appointments not always necessary

City & Guilds Qualified

APPLETREES PLUMBING & HEATING

Gas Safe Register Number 564278

All types of domestic plumbing, heating, renewable energy and gas work undertaken including:

Boiler Installation and Servicing
Radiator Installation and Moving

Heating System Updating and Installation
Heating System Cleaning and Power Flushing
Inspection and Certification
Renewable Energy Specialists

Bathroom Installation
Appliance Installation

Tap repairs
Toilet repairs
Install & repair water storage tanks
Underfloor heating

City and Guilds Qualified and Gas Safe Registered

Local Plumbing and Heating Engineer

Office Number – 01353 741236 Email – info@appletrees .plumbing

Cambridge Art Services

Cambridge Art Services offer an extensive selection of bespoke, handmade framing options from their local, professionally equipped workshop.
We can frame a wide range of items including;

- Paintings and drawings
- Photographs
- Sports Memorabilia
- Medals and Award Certificates
- Cross Stitch and Embroidery
- In fact, just about anything

Contact **Julian Finbow on 07952 295861**
email cambridgeartservices@hotmail.com or visit www.cambridgeartservices.co.uk

Looking for childcare in Bar Hill ?

We have spaces part time and full time for children aged 4 months to 4 years at our lovely little day nursery (next door to the primary school). We are open Monday to Friday 7.30am – 6pm.
Please feel free to call/ email and book a time to come and have a look around, our nursery manager Claire will be happy to arrange that for you.
Please call **01954 488081** or **email nursery@buttercupschildcareltd.co.uk**
We also have out of school care based at the children's centre at the front of the school (for primary school children). We are open from 7.30am to 8.45 am and from 3
to Friday. Also in the school holidays from 8am-6pm.Please call our settin
01954 200814 or contact us using the email **oosc@buttercupschildcarel**

Buttercups CHILDCARE LTD

Steve Jolley Plastering & Tiling

33 Field View
Bar Hill
Cambridge
CB23 8SX

Home 01954 780445
Mobile 07727 203626

Public Urged To Surrender Weapons

Owners of weapons made illegal under the Offensive Weapons Act 2019 are being encouraged to surrender them to police under a scheme launched by the Government today (10 December).

These weapons include, among others, rapid firing rifles, bump stocks, knuckledusters, flick knives and zombie knives.

Qualifying weapons surrendered to the police by 9 March 2021 may be eligible for government compensation. Details of the compensation scheme and a full list of qualifying weapons are available on the government website (**www.gov.uk/government/publications/offensive-weapons-act-surrender-and-compensation-scheme**).

Superintendent Robin Sissons said: "Tackling serious street-based violence and ridding Cambridgeshire's streets of weapons is a priority for the force.

"Weapons and crime often go hand in hand and I'm urging everybody who has any kind of weapon, which was previously lawful to own, to take advantage of the surrender and compensation on offer.

"I believe this is a real step in the right direction and will allow us to remove yet more dangerous weapons from our streets and keep the public safe."

Supt Clare Smith, Deputy Head of Criminal Justice for Bedfordshire, Cambridgeshire and Hertfordshire said it's important the public understands that these weapons, which were previously lawful to own privately, are now illegal and must be surrendered.

She added: "These are dangerous weapons and taking them out of private ownership will help keep communities safe and prevent them from falling into criminal hands.

"There will be people who own these weapons as trophy pieces with no intention of ever using them. The law still applies and the surrender campaign is an opportunity for them to hand in these weapons and potentially be compensated by the Government for their loss."

To surrender a weapon email opbritney@herts.pnn.police.uk and the weapons surrender team will be in touch to arrange collection.

They will also send a compensation form, which must be fully completed and returned at the point of surrender in order to qualify for reimbursement from the government. Those unable to email are asked to call 101 and the weapons surrender team will call back.

For more on knife and gun crime and to report any concerns, visit the force's dedicated web page; **www.cambs.police.uk/information-and-services/Community-safety/Knife-gun-crime.**

Hate Ironing?...
I don't!

My name is Emma. I live in Bar Hill and have over 11 years of experiance working in and running a very well-known dry cleaner.

Free Collection and drop off in Bar Hill

For More details contact me on the number below or look me up on facebook.

Give me a call now on 07814214961

PennytreesIroning

GEORGE

D.I.Y. MAN

Small Electrical Jobs
Decorating
Woodwork
OAP Discounts
Lifetime of Experience

No Job Too Small

07544 871650

Bar Hill Village Hall

The village hall is located just off The Spinney and offers the following;

- Conference Facilities;
- Seminars;
- Committee/Meeting Rooms;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales;
- Kitchen Facilities;
- Excellent Parking as well as catering Facilities

If you wish to book any of these facilities, or to get more information, please call 01954 782414 and leave a message. We'll call back within 24 hours (Monday to Friday). Alternatively you can email us at; barhill.villagehall@btconnect.com or visit www.barhillvillagehall.com

Bar Hill Residents Association

Chair	Laura Chapman
Vice Chair	Karen Hayden
Secretary	Karen Hayden
Treasurer	Anne Bensted
Data Prot. Officer	Richard Hayden
	Bunty Waters
	Mike Nelson
	Jo Hall
	Roger Hall
	Amber Neale
Magazine Editor	Andy Pellew
Features Editor	Lottie Beare
Advertising	Anne Bensted

Opinions expressed in this publication are not necessarily those of the Association.
Anonymous letters will not be published.
Names and addresses may be withheld.

Article Information

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.] All items should be submitted electronically to **bhneditor@yahoo.com**.

Anthony Browne MP

Keeping in touch with South Cambridgeshire

News and Updates from our Local South Cambridgeshire MP can be either found on his website;

https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office; Broadway House, 149-151 St Neots Road, Hardwick CB23 7QJ. Or call to discuss anything **01223 603677**

GB BUILDERS

NO JOB TOO SMALL

FOR ALL MAINTENANCE RENOVATIONS AND DIY WORK

All general building repairs & odd jobs
Specialist in Painting & Decorating
Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing

Call today
07877 742 420 or
01480 437511

g.bbuilders@yahoo.co.uk

Bar Hill Neighbourhood Watch
working for a safer community

New! Under 6 Team

Bar Hill Colts are launching a new Under 6 football team and would like to invite children in Year 1 to take part!

- Is your son or daughter interested in playing football?
- Would they like to have fun and be part of an all inclusive team?
- Would they like to receive quality coaching, befitting a Charter Standard Community Club?

We want to hear from you!

Training sessions take place on Sunday mornings at 10am on the village green or the astro pitch.

To register your interest or for further information please contact Kate Starling by email:

kate.starling@hotmail.co.uk

URGENTLY REQUIRED

CARE SUPPORT WORKERS

Our Service

- We offer person centred care to adults with a learning disability in their home
- We enable and empower residents to return their independence and have choice and control of their lives

Why Apply?

- Flexible reasonable hours: Full time & Part time & Relief staff
- Opportunities to develop on-the-job
- Job satisfaction. Valued team member
- Company Pension scheme
- Competitive Hourly Rates
- Experience not essential: Induction & Training provided
- Must be - Committed : Passionate : Caring & Supportive

Location

Longstanton village, outside Cambridge

CALL: 01954 789856 - Mr Andrew McLees
CALL: 07836 697801 - Mr Paresh Sodha

CAMBRIDGESHIRE
FIRE & RESCUE SERVICE
Working together to improve community safety

Distraction is one of the biggest causes of fires in the home - most of which start in the kitchen.

You lock your door when you leave the house, but do you unplug your chargers?

You turn off your oven when you aren't using it but do you regularly ensure there isn't a fat build up in your oven, hob and grill?

A simple fire safety check list can help you avoid an unnecessary fire in your home - Simple tips, simply STOP the chance of a fire.

- **NEVER overload sockets:** Multi-socket adapters, often used in homes to provide more plug sockets quickly and easily, are particularly popular during the winter period when people are more likely to plug in heating devices, lights and other items. If used incorrectly however, these can be very dangerous and cause an electrical fire through overloading the socket. 'One appliance, one socket' is the safest approach to avoid any danger of fire in your home.
- **Switch off, Turn off:** If it isn't meant to be left on (like fridges, freezers) switch it off and turn it off at the plug when it isn't in use.
- **Charge safely:** Only use electrical charging devices for the purpose they were intended and avoid purchasing counterfeit, cheap charging devices for electrical items and always keep leads away from cookers and hobs.
- **Fat-Free, Fire-Free:** Fat can build up slowly over time through regular use of kitchen devices and as it does it increases the chance of a fire when cooking. Ensure you regularly maintain hobs, grills and ovens and keep then clear from fat build up and safer from fire.
- **Distraction causes fires:** over 50% of fires in the kitchen are caused by distraction - pay attention and avoid cooking if under the influence of alcohol or medication or feeling tired.

SPORTS & SOCIAL CLUB

Our hours (2nd December onwards) are :-

Mon to Thur 5-10pm (Food 6-9 Wed only)

Fri 2-10pm, Food 5-9pm

Sat 12-10pm, Food 5-9pm

Sun 12-10pm, Food 2-7pm

We have started a takeout service of food and drink on Fridays and Saturdays from 6 to 8pm. To place an order please call **01954 781881** from 5.30pm onwards.

Xmas Draw is on Friday 22nd January, tickets will be on sale throughout December.

During the winter months people will not be expected to leave via the balcony therefore the main entrance will also be an exit. People entering the building will have priority please wait on the landing until the stairs are clear.

Memberships are due for renewal in December, please ask staff for a form. We would like to thank all our members for their continued support through what has been a difficult year, we hope you all have a very merry Xmas and a Happy New Year.

GB BUILDERS

NO JOB TOO SMALL

FOR ALL MAINTENANCE
RENOVATIONS AND DIY WORK

All general building repairs & odd jobs
Specialist in Painting & Decorating
Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing
- Plumbing
- Tiling
- Roofing
- Drainage
- Guttering
- Carpentry

Call today
07877 742 420 or
01480 437511
g.bbuilders@yahoo.co.uk